



PARENT NEWSLETTER

APRIL – MAY 2020

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FROM THE MANAGER...

Can I firstly acknowledge what a difficult time we have all been faced with. The team at BBFDC want to remind you that we are here, even though it is from a distance, to support you in any way we possibly can. Can I also say a big thank you to you as parents for all the hard work that you have put in, the results are definitely paying off, we have flattened the curve in NSW and especially in the Northern Rivers district. Self-isolation is a tough gig, so thank you for doing this for the wider community, the elderly, the vulnerable and the young and not so young. But our job is not over yet, to ensure the health system can cope with the second outbreak (wish is inevitable) once the social contact restrictions are slowly lifted, we still need to be vigilant. Please, please, please follow the restrictions that the government puts in place and when and if you or your family gets sick, get tested and stay at home. I know we all want to see extended family, visit the places we love to visit and hug that friend we haven't seen, but we still need to keep ourselves safe and stop the spread of this virus from claiming more lives.

I would like to thank our Educators and all other essential workers for a job well done, we applaud your efforts. I have had many opportunities to watch essential workers be in the line of fire and still work as if they have not got a care in the world, again thank you.

I'm compelled to share a feel good moment with you all: My family has always attended the dawn services on ANZAC day to pay respect to our many soldiers and medical personnel that have made sacrifices to enable us to live in this very lucky country. I was honestly feeling the loss of my children, their partners and grandchildren in this moment because this is something, we all normally attend together. This year was a little different, but by no means less memorable. I stood on our front drive with my household members cradling my 8-week-old grandson in my arms surrounded by our neighbors listening to the dawn service that one of our neighbors had rigged up on a loud speaker. As the last post was being played, I look up and noticed our 80+year old return serviceman neighbor saluting us all, with tears in my eyes I, as well as the rest of our neighbors acknowledged him with a wave of the hand, a nod of the head and a thank you. This was a truly blessed moment during all this craziness, this truly made me feel so proud to be part of my community.

I wish you all a safe and healthy journey in the coming weeks and months and I hope our newsletter helps you all in some way.

With gratitude
Sharon

LET'S GET CREATIVE

- Chalk Drawing
- Playdough
- Finger painting
- Building with blocks
- Box construction using recyclable materials
- Drawing with Pastels
- Weaving with natural items from the garden
- Nature collage
- Make your own musical instruments ie pots and pans
- Dance to different styles of music
- Make a puppet show based on real life or a favourite story
- Construct a cubby house
- Messy play like Goop
- Get the dress ups out and engage in some pretend play



“Play provides opportunities for children to learn as they discover, create, improvise and imagine.”

**Being, Belonging, Becoming -
Early Years Learning
Framework pp15**

NSW GOVERNMENT www.health.nsw.gov.au

Practise simple hygiene by washing hands regularly

1 Wet hands **2 Apply soap** **3 Lather & scrub**



4 Rinse hands **5 Turn off tap** **6 Dry hands**



Spend 20 seconds washing your hands.

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Smiling Mind – Mindfulness and Wellbeing App is FREE and contains lots of great opportunities to support both children and adults.



<http://www.smilingmind.com.au/>

COVID19

As parents you may have noticed some changes in your educators service that have been implemented to ensure the health and safety of you as parents, your children, the educators and their own families.

If you have been isolating at home there may be some changes when your child returns to care. Some examples may include

- Changes to drop off and pick up routine
- Hand washing / sanitising on arrival
- Cleaning of sign in/out devices in between uses
- Requirements of what you must provide for your child
- Strict procedures around Illness

Each educator is unique so it will be important for you to maintain communication with them to ensure that you and your child/ren are prepared for when the time comes to return to care.

In the meantime we encourage you to communicate with your educator, continue to share information with them about your child as this will assist them in re-settling your child into care when the time comes.

We will need to be prepared for things like separation anxiety, as some children will have had an extended period away from the family daycare environment. Please reach out to your educator and have these discussions and develop a plan to best suit the needs of your child/ren.

NB: at this time only children of essential workers should be attending care.

[CONVERSATIONS WITH CHILDREN ABOUT CORONAVIRUS \(COVID-19\) ARTICLE BY STARTING BLOCKS](#)



PLAYDOUGH RECIPE

Ingredients:

2 cups Plain Flour
4 tbsp Cream of Tartar
1 cup salt
2 cups water
2 tbsp cooking oil
Food colouring

Method:

Mix all ingredients in a saucepan, stir over medium heat for 3-5 minutes or until the mixture congeals.
Alternatively for a “no cook” option use an electric mixer with dough hooks and boil the water before adding.

**** BE CAREFUL WITH HOT LIQUIDS****



Story Time

One of our favourites from Julia Donaldson is “Room on the Broom”. We love the great storyline, animal characters and of course the classic Julia Donaldson rhyming which is a fantastic opportunity to build awareness of phonics for pre-readers!

Don't want to buy new books?

You can Watch and Listen to a wonderful selection of stories on [ABC Kids Story Time](#)

Or you can click the link and watch the “Room on the Broom” movie on [ABC Kids iView](#)



The Australian Reptile park is holding FREE daily LIVE stream of keeper talks, animal feeding and educational videos.

Check out Elvis the crocodile, Elsa the koala and more.

Go to the [Australian Reptile Park Facebook Page](#) for more information.

CO-FIT! 19

KEEP MOVING IN YOUR BUBBLE!

KEEPING ACTIVE:

- Is lots of fun
- Gives you more energy
- Makes you feel better
- Helps your immune system
- Keeps you busy

PLAY MORE, SIT LESS

INSIDE YOUR HOME BUBBLE

TRAMPOLINE

KICK YOUR BALL

SHOOT SOME HOOPS

GARDENING

DANCING

MOVE LIKE YOUR FAVOURITE ANIMAL FOR 15 MINUTES

RUN AROUND THE YARD 10 TIMES

SET UP AN OBSTACLE COURSE AND INCLUDE BALANCING, CHASING, HIDE AND SEEK, EGG AND SPOON RACES, MUSICAL STATUES

OUTSIDE YOUR HOME BUBBLE

WALK THE DOGS

RIDE YOUR BIKE

Don't touch outdoor play gyms or other equipment. Stay 1.5m away from others not in your bubble.

GO OUTSIDE if you can

AIM FOR 60 MINUTES OF ACTIVE PLAY A DAY

ALSO EXPERIMENT:

- Be active to a schedule or routine to break up the day
- Measure things - 100 jumps on the trampoline, 10 frog jumps and count along
- Be active together as a family (parents lead the way)
- Move indoors and outdoors
- Add some quiet time activity as well
- Start a family challenge
- If you are having lessons, break up the day by moving

REMEMBER!

- Don't exercise if you feel unwell - call a doctor if you are worried
- Wash your hands before and after and don't touch your face

AUSTRALASIAN COLLEGE OF SPORT AND EXERCISE PHYSICIANS



VEGETABLE RICE PAPER ROLLS

- 80g rice vermicelli noodles
 - 1 medium carrot, grated coarsely
 - 1 medium cucumber, deseeded and finely sliced
 - 1 medium red capsicum, finely sliced
 - ¼ small chinese cabbage, finely shredded
 - ½ cup coriander leaves
 - ½ cup mint leaves, whole
 - 12 x 22cm rice paper sheets
- CLICK the heading for LINK to recipe and method.

DO A SCAVENGER HUNT IN YOUR BACKYARD! IF YOU'RE ISOLATING AT HOME SHARE PHOTO'S WITH YOUR EDUCATOR OF YOUR CHILD AND WHAT THEY FOUND. A SIMPLE WAY OF STAYING CONNECTED WHILE YOU'RE APART!

BACKYARD SCAVENGER HUNT

- ☁ Find 3 kinds of leaves.
- ☁ Find something yellow.
- ☁ Name a bug that is red.
- ☁ Find 2 sticks.
- ☁ Find something that smells good.
- ☁ Name something you see in the sky.
- ☁ Find something that is round.
- ☁ Find something that grows that is green.
- ☁ Find a bird.
- ☁ Find 3 different colored rocks.
- ☁ Find something purple.
- ☁ Find a bug.



GROW ME SAFELY is a wonderful resource for those wanting to get out in the garden with the children. Lots of great ideas for planting a sensory garden as well as some tips and tricks and a list of plants to avoid! Click the image to visit Grow me Safely on the KidSafe Website.